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HOMEMAKERS' CHAT

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U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

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SUBJECT: "Food for Two" - Information from food specialists of the United States Department of Agriculture

Are you cooking for two....these days?

Then you'll be interested in these suggestions from food specialists of the United States Department of Agriculture.

Whether you're a recent bride or an older woman whose children have gone from home....each of you has the same problem when you cook for two. You have to take special care to see that you and your husband....or that you and the other member of the family....get your daily quota of the right foods...the calories and proteins.....calcium and iron....and vitamins you need. At the same time you want to keep your food bill for two down to a reasonable cost. And you want to avoid waste.

It's a good idea to plan your meals for a week at a time. Then...in order to be sure the meals are well-balanced....check your menus with a list of foods that you need every day...such foods as milk and milk products...potatoes....citrus fruits or tomatoes...green and yellow vegetables...other vegetables and fruits....meat, poultry or fish.....bread...fats and oils. You may include a serving of dry beans or peas or nuts once or twice a week. It's desirable that you plan to use four or more eggs a week for each person.

Then....after you've planned your meals for a week ahead...buy your staple groceries at one time. By staple groceries...I mean the articles that keep well. Buy them in big enough supply to carry over from one week to the next. This will save you both time and money.

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